

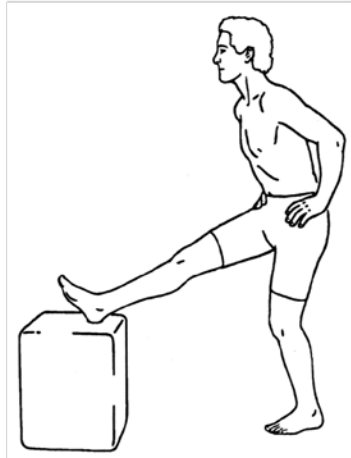


Patellar Tendinopathy

Courtesy of Vanderbilt Sports Medicine

Standing Hamstring stretch:

- Place involved leg on stool.
- Slowly lean forward, keeping back straight.
- Lean until stretch is felt in back of thigh.



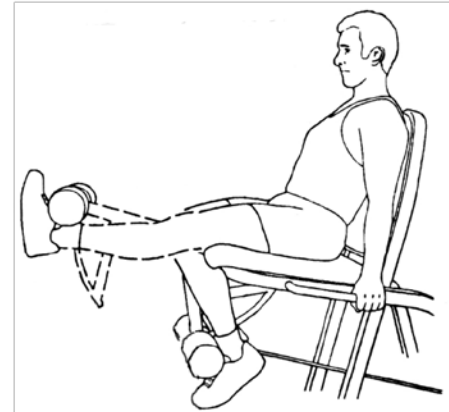
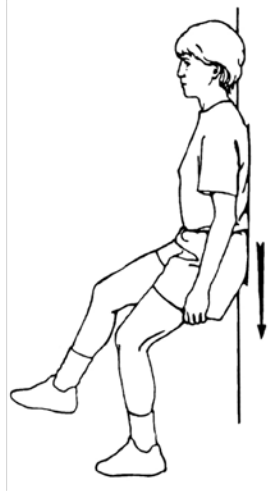
Standing Quadriceps stretch:

- Use opposite hand to grab involved leg.
- Gently pull heel toward buttocks until stretch is felt in front of thigh.



Single leg eccentric squat:

- Standing on involved leg with back against wall.
- Slide down wall to about 45 degrees.
- Use uninvolved leg to slide up the wall to return to start position.



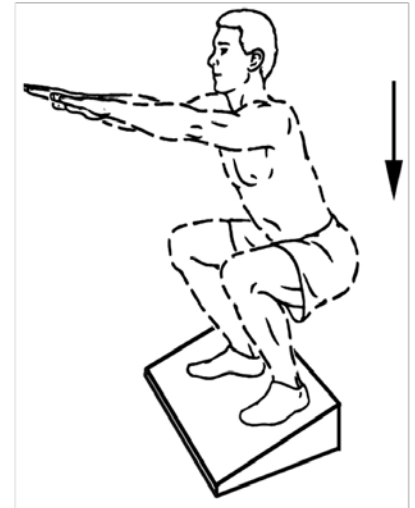
Lift, Lock, & Lower (eccentric leg extension):

- Use uninvolved leg to lift weight by straightening uninvolved leg to locked knee position.
- Straighten involved leg to locked knee position to meet pad on machine.
- Slowly lower weight with only involved leg.



Drop Squat:

- Stand with feet shoulder width apart.
- Start in standing position, unlock knees rapidly.
- Drop until thighs are almost parallel to the ground.
- Use quadriceps to stop fall.
- Return to standing and repeat.

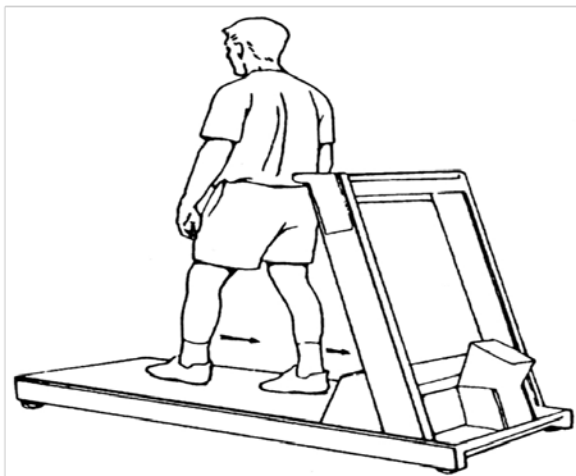


Decline Squat:

- Stand on decline board.
- Unlock knees and squat down. Return to standing.

Step up, over, down:

- Step forward with involved leg onto step.
- Step over with other leg, touching that foot to the ground.
- Bring involved leg down to meet other foot.
- Turn around to face the step and repeat.



Retro (backwards) walking:

- Walk backwards on treadmill
- at _____ mph with
- a _____ % elevation
- for _____ minutes.